



**My work is essential,  
for others and my family.**

**When I am not working,  
I stay home to prevent  
the spread of COVID-19.**

## **Other ways I keep my family safe:**



When I go to the grocery store,  
the rest of my family stays home.



When I am at work or in the community,  
I stay 6 feet away from others.



When I get home, I wash my hands with  
soap and warm water for 20 seconds.

**#IProtectMyFamily**

Find more resources:  
**[www.lakecountyiil.gov/coronavirus](http://www.lakecountyiil.gov/coronavirus)**



**LakeCounty**  
Health Department and  
Community Health Center

Anyone with questions on COVID-19 can contact  
the Illinois Department of Public Health's COVID-19  
hotline, available by phone: 1-800-889-3931 or  
email: [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV)